

STRESS MANAGEMENT

Instructor: Tracy Napier

Thursday

December 16, 2010

10:00am – 2:00pm

DOC Training Center

442 Golf Course Rd
Deer Lodge, Montana

Course Description: Course defines stress and burnout and offers tips on effectively managing the negative consequences of stress and burnout

Who Should Attend: Any Correctional or Criminal Justice Employee



IF ADEQUATE NUMBERS ARE NOT REGISTERED THE CLASS WILL BE CANCELLED

The Department of Corrections will make reasonable accommodations for persons with disabilities who wish to participate in this training or need an alternative accessible format of this notice or related material. If you require accommodations, please contact Geri Miller, DOC Training Center, 442 Golf Course Rd, Deer Lodge, Montana, at 406-846-1320 ext 2307; fax # (406) 846-1484; or gerimiller@mt.gov.

“Stress is the trash of modern life – we all generate it, but if you don’t dispose of it properly, it will pile up & overtake your life” – Danzae Pace

